

Weight Resistance Chart

This chart shows the approximate weight resistance at each station. "Top" refers to the 10 lbs. top weight. The other numbers refer to the 10 lbs. weight plates. Note: The actual resistance at each weight station may vary due to differences in individual weight plates, as well as friction between the cables, pulleys, and weight guides.

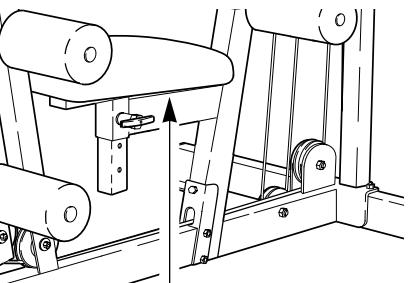
Weight Plates	Arm Press (lbs.)	Lower Pulley (lbs.)	Upper Pulley (lbs.)	Ab Pulley (lbs.)	Leg Lever (lbs.)
Top	24	17	13	11	17
1	36	25	26	22	25
2	45	37	39	33	37
3	55	48	49	45	48
4	67	58	61	58	58
5	87	77	81	73	77
6	93	89	91	82	89
7	105	96	99	92	96
8	114	103	107	104	103
9	130	114	123	113	114
10	137	126	138	125	126
11	151	137	150	139	137
12	157	149	165	143	149
13	179	162	179	163	162
14	186	175	182	175	175

PRO·FORM® 825

USER'S MANUAL

Model No. PFEMSY75000
Serial No. _____

The serial number is found in the location shown below. Write the serial number in the space above.



Serial Number Decal

QUESTIONS?

As a manufacturer, we are committed to providing complete customer satisfaction. If you have questions, or if there are missing parts, we will guarantee complete satisfaction through our Customer Service Department.

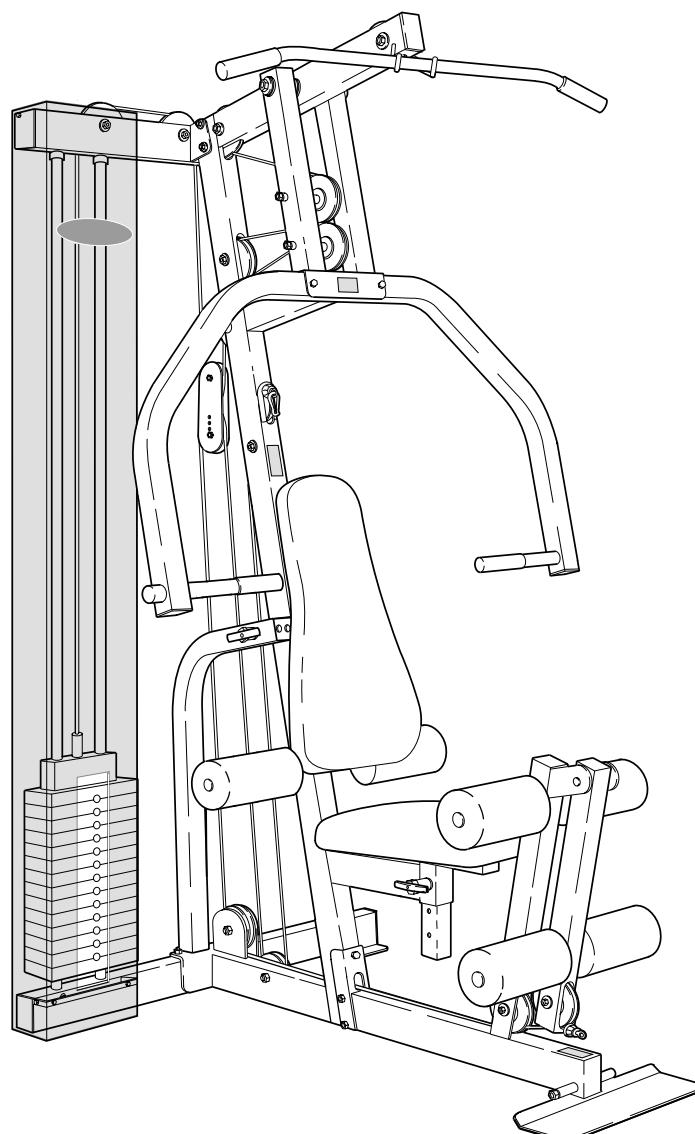
Please CALL:

0345-089009

Or WRITE:
ICON Fitness Lifestyle Ltd.
Greenwich House
223 North Street
Sheepscar
Leeds LS7 2AA
West Yorkshire

⚠ CAUTION

Read all precautions and instructions in this manual before using this equipment. Save this manual for future reference.



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Note: A PART LIST/EXPLODED DRAWING and a PART IDENTIFICATION CHART are attached in the centre of this manual. Remove the PART LIST/EXPLODED DRAWING and the PART IDENTIFICATION CHART before beginning assembly.

How to Order Replacement Parts

To order replacement parts, contact the ICON Health & Fitness Ltd. office, or write:

ICON Health & Fitness Ltd.
Greenwich House
223 North Street
Sheepscar
Leeds LS7 2AA
West Yorkshire

Tel.: Country Code: 0345-08900

Fax: 0113-2411120

When ordering parts, please be prepared to give the following information:

- The MODEL NUMBER OF THE PRODUCT (PFEMSY75000)
- The NAME OF THE PRODUCT (PROFORM® 825 training system)
- The SERIAL NUMBER OF THE PRODUCT (see the front cover of this manual)
- The KEY NUMBER AND DESCRIPTION OF THE PART(S) (see the PART LIST and the EXPLODED DRAWING attached in the centre of this manual).

Trouble-shooting and Maintenance

Inspect and tighten all parts each time you use the training system. Replace any worn parts immediately. The training system can be cleaned using a damp cloth and mild non-abrasive detergent. Do not use solvents.

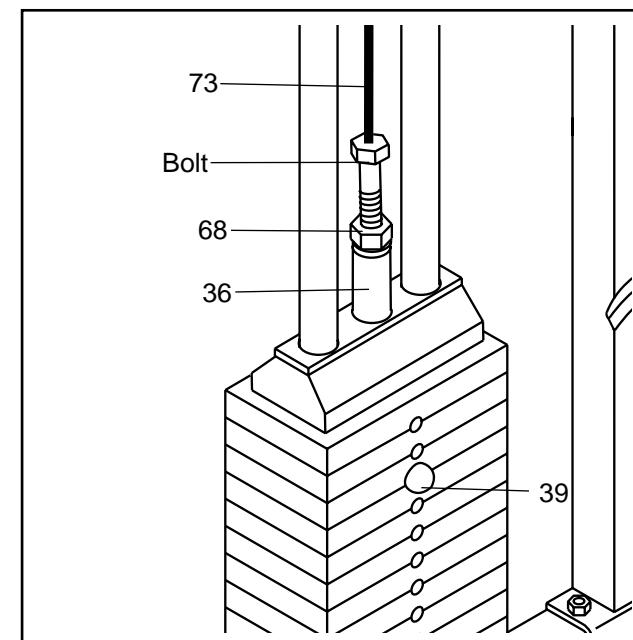
TIGHTENING THE CABLES

Woven cable, the type of cable used on the training system, can stretch slightly when it is first used. If there is slack in the Cables before resistance is felt, the Cables should be tightened.

To tighten the Cables, insert the Weight Pin (39) between the third and the fourth Weight, counting from the top. See "Changing the Weight Setting" on page 17 for instructions on moving the Weight Pin.

Loosen the 1/2" Plain Nut (68) securing the bolt at the end of the High Cable (73). Tighten the bolt a couple of turns into the Weight Tube (36) until the Cables feel tighter. Tighten the Plain Nut to prevent the bolt from turning.

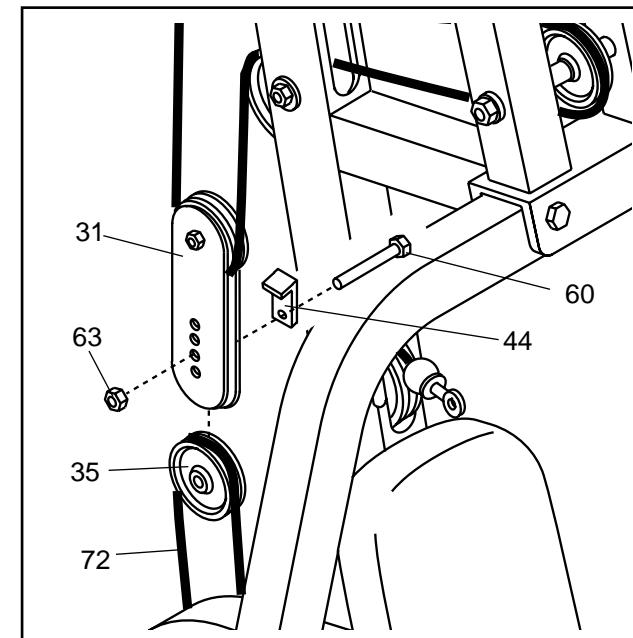
Note: This drawing shows the Shroud removed for clarity. The Shroud does not have to be removed to tighten the Cables.



Additional slack can be removed by moving the lower of the two Pulleys (35) attached to the Pulley Plates (31) to one of the other adjustment holes in the Pulley Plates. To do this, remove the 3/8" x 1 3/4" Bolt (60), Cable Trap (44) and 3/8" Nylon Jamnut (63). Move the Pulley and re-attach it with the Bolt, Cable Trap and Locknut. **Make sure the Low Cable (72) is in the groove of the Pulley and that the Cable Trap is positioned as shown.**

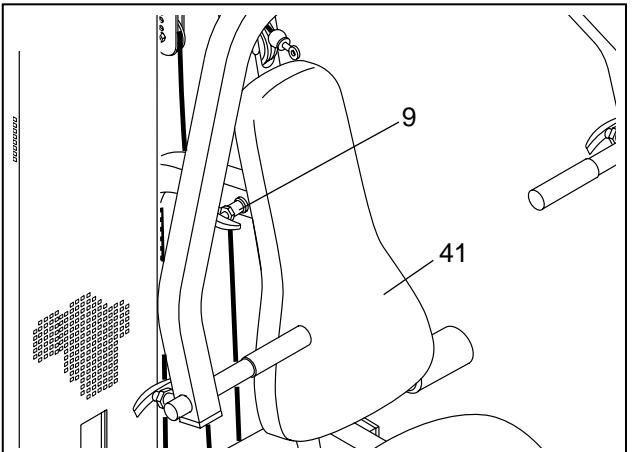
Note: If a Cable tends to slip off the Pulleys often, the Cable may have become twisted. Remove the Cable and re-install it.

If the Cables need to be replaced, see ORDERING REPLACEMENT PARTS on page 2 of this manual.



ADJUSTING THE POSITION OF THE BACKREST

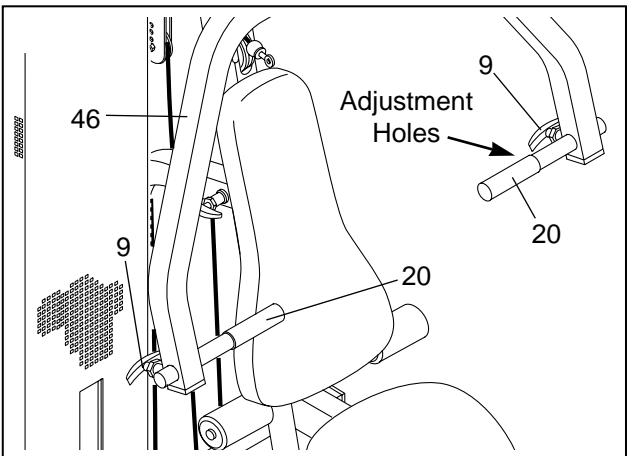
To adjust the position of the Backrest (41), unscrew the handle of the Adjustment Knob (9) until it is loose. Pull out the handle as far as it will go and slide the Backrest Frame (15, not visible) to the desired position. Release the handle until the Knob snaps into one of the adjustment holes on the Backrest Frame. Then tighten the handle again.



ADJUSTING THE POSITION OF THE PRESS FRAME HANDLES

To adjust the position of the Handles (20) on the Press Frame (46), unscrew the handle of an Adjustment Knob (9) until it is loose. Pull out the handle as far as it will go and slide the Press Frame Handle to the desired position. Release the handle until the Knob snaps into one of the adjustment holes on the Press Frame Handle. Then tighten the handle again.

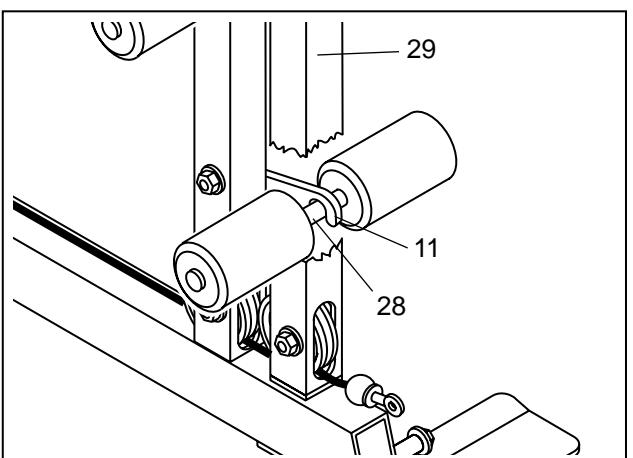
Note: Both Press Frame Handles (20) should always be adjusted to the same position.



USING THE LEG LEVER LOCK

Some exercises, such as sit-ups, can be performed more comfortably with the Leg Lever (29) locked.

To lock the Leg Lever (29) turn the Leg Lever Lock (11) until it engages the Pad Tube (28) on the Leg Lever.



Important Precautions

WARNING: To reduce the risk of serious injury, read the following important precautions before using the training system.

1. It is the responsibility of the owner to ensure that all users of the training system are adequately informed of all precautions.
2. Read all instructions in this manual and in the accompanying literature before using the training system.
3. The training system is intended for home use only. Do not use the training system in a commercial, rental, or institutional setting.
4. If you feel pain or dizziness at any time while exercising, stop immediately and begin cooling down.
5. Use the training system only on a level surface. Cover the floor beneath the training system to protect the floor or carpet.
6. Inspect and tighten all parts often. Replace any worn parts immediately.
7. The training system is designed to be used by only one person at a time.

WARNING: Before beginning this or any exercise program, consult your physician. This is especially important for persons over the age of 35 or persons with pre-existing health problems. Read all instructions before using. ICON assumes no responsibility for personal injury or property damage sustained by or through the use of this product.

The warning decals shown at the right have been pre-attached to the training system in the locations shown on page 4. Note that decal #1 has been placed in two locations. If a decal is missing, or if it is not legible, please call our Customer Service Department at 0345-089009 for a free replacement decal. Apply the new decal to the training system in the appropriate location.

WARNING

- Misuse of this product may result in serious injury.
- Read user's manual and follow all warnings and operating instructions prior to use.
- Do not allow children on or around machine.
- Replace label if damaged, illegible, or removed.

WARNING

- Keep clear of this area.

Warning Decal #1

Warning Decal #2

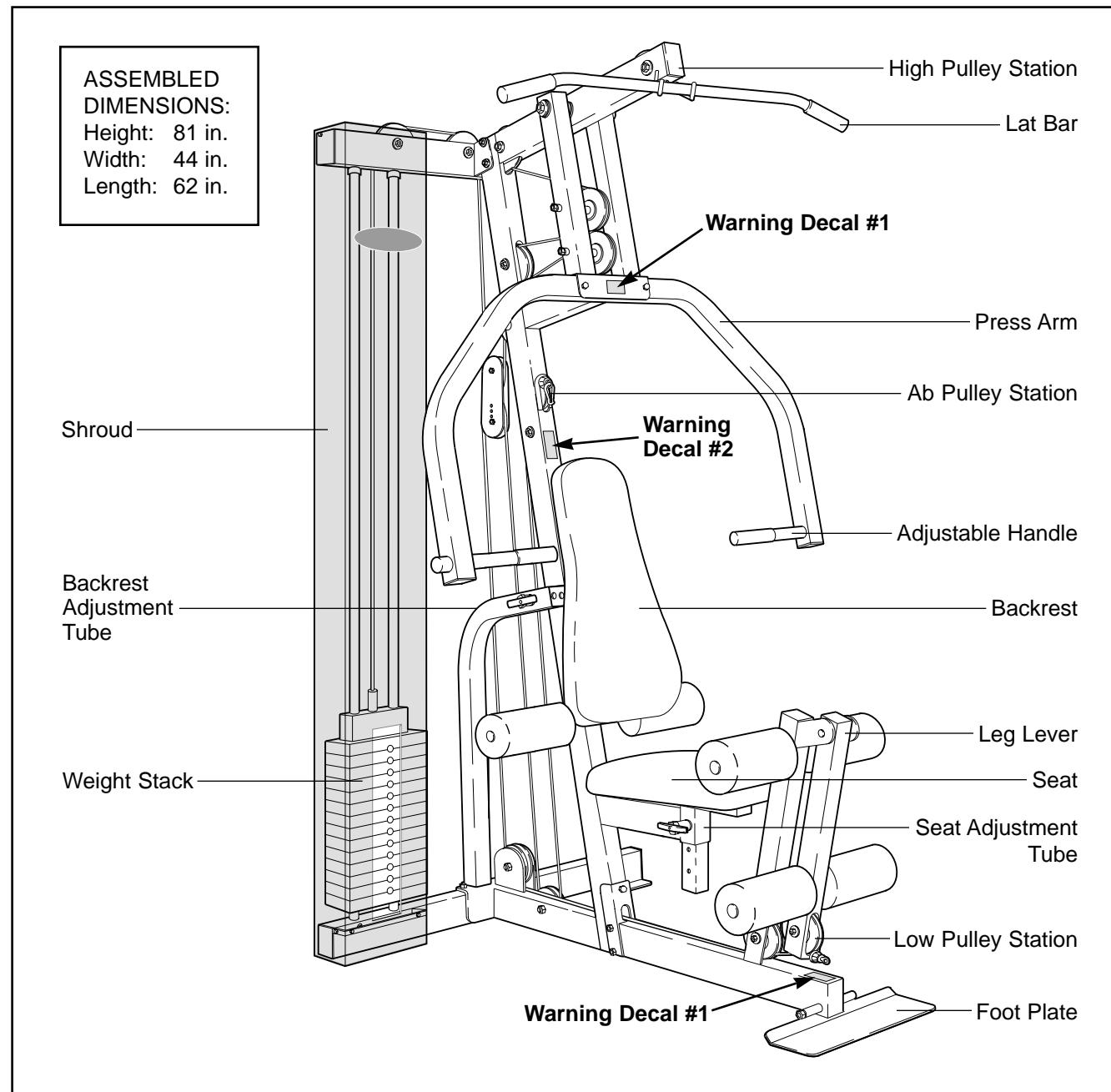
Before You Begin

Thank you for selecting the versatile PROFORM® 825 training system. The PROFORM® 825 offers a selection of weight stations designed to develop every major muscle group of the body. Whether your goal is to tone your body, build dramatic muscle size and strength, or improve your cardiovascular system, the PROFORM® 825 will help you to achieve the results you want.

For your benefit, read this manual carefully before using the PROFORM® 825 training system. If you

have additional questions, please call our Customer Service Department at **0345-089009**. To help us assist you, please note the product model number and serial number before calling. The model number is PFEMSY75000. The serial number can be found on a decal attached to the training system (see the front cover of this manual).

Please use the drawing below to familiarise yourself with the major parts of the training system.

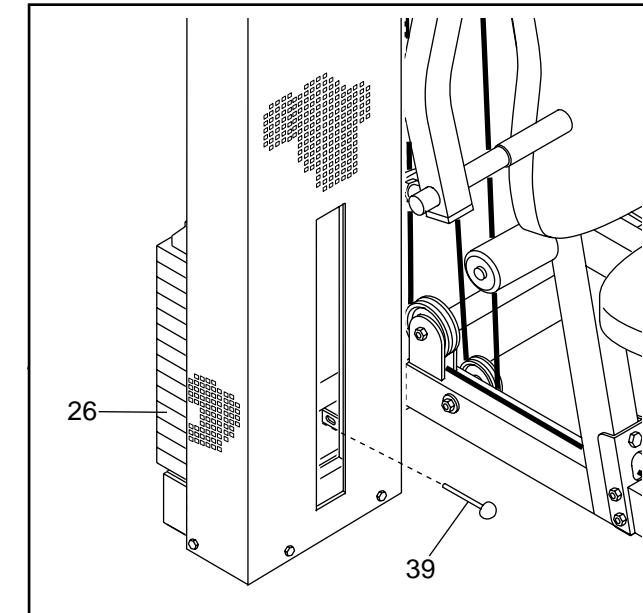


Adjustment

The instructions below describe how each part of the training system can be adjusted. **IMPORTANT:** When attaching the lat bar, row bar, ankle strap or ab strap, make sure that the attachments are in the correct starting position for the exercise to be performed. If there is any slack in the cables or chain as an exercise is performed, the effectiveness of the exercise will be reduced.

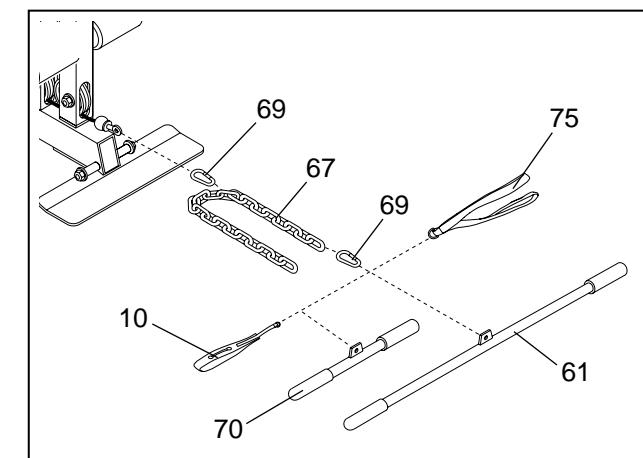
CHANGING THE WEIGHT SETTING

To change the setting of the weight stack, insert a Weight Pin (39) under the desired Weight (26). Be sure to insert the Weight Pin until the ball at the end of the Weight Pin is touching the Weights. The setting of the weight stack can be changed from 10 pounds to 150 pounds, in increments of 10 pounds. **Note:** Due to the cables and pulleys, the amount of resistance at each exercise station may vary from the weight setting. Use the **WEIGHT RESISTANCE CHART** on the back cover of this manual to find the approximate amount of resistance at each weight station.



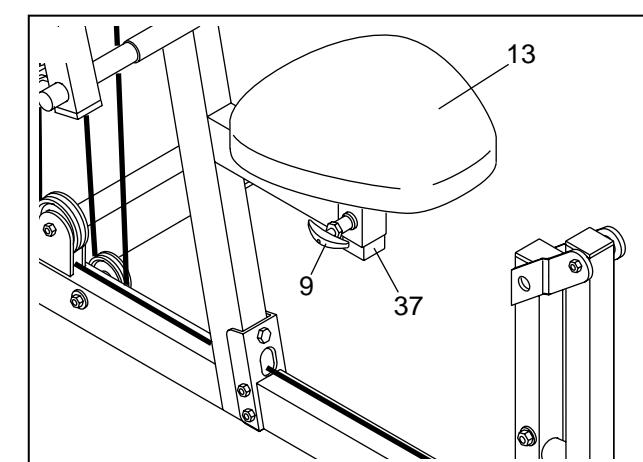
ATTACHING THE LAT BAR, ROW BAR, ANKLE STRAP OR AB STRAP TO A PULLEY STATION

The Lat Bar (61), Row Bar (70), Ankle Strap (10) and Ab Strap (75) can be attached to the Cable at the appropriate pulley station with a Cable Clip (69). For some exercises, the Chain (67) should be attached between the tool and the Cable with two Cable Clips. **Adjust the length of the Chain between the tool you are using and the Cable so the tool is in the correct starting position for the exercise to be performed.**



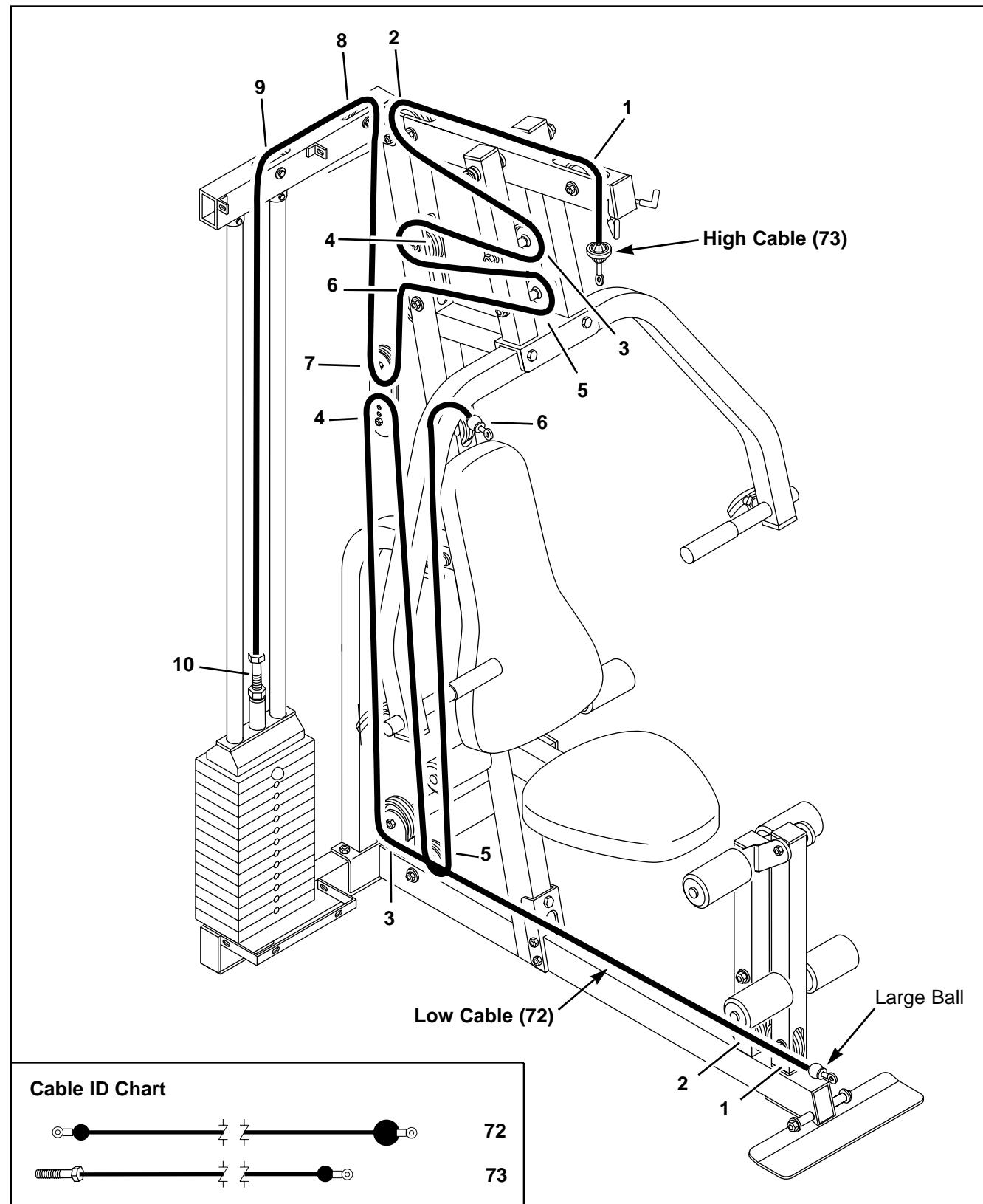
ADJUSTING THE POSITION OF THE SEAT

To adjust the height of the Seat (13), unscrew the handle of the Adjustment Knob (9) until it is loose. Pull out the handle as far as it will go and slide the Seat Upright (37) to the desired position. Release the handle until the Knob snaps into one of the adjustment holes in the Seat Upright. Then tighten the handle again.



Cable Diagram

The cable diagram below shows the proper routing of the High Cable (73) and the Low Cable (72). The numbers show the correct route for each Cable. **Make sure that the Cables are routed correctly, that the pulleys move smoothly and that the cable traps do not touch or bind the Cables. Incorrect cable routing can damage the training system.**



Assembly

MAKE ASSEMBLY EASIER FOR YOURSELF!

Everything in this manual is designed to ensure that the training system can be assembled successfully by anyone. **Before beginning assembly, make sure to read the information on this page; this brief introduction will save you much more time than it takes to read it!**

ASSEMBLY REQUIRES TWO PERSONS

For your convenience and safety, assemble the training system with the help of another person.

SET ASIDE ENOUGH TIME

Due to the many features of the training system, the assembly process will require about six hours. By setting aside plenty of time and by deciding to make the task enjoyable, assembly will go smoothly. You may want to assemble the training system over a couple of evenings.

SELECT A LOCATION FOR THE TRAINING SYSTEM

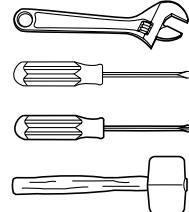
Because of its weight and size, the training system should be assembled in the location where it will be used. Make sure that there is enough room to walk around the training system as you assemble it.

HOW TO UNPACK THE BOX

To make assembly as easy as possible, we have divided the assembly process into four stages. The parts needed for each stage are found in individual bags. **Important: Wait until you begin each stage to open the parts bag for that stage.** Place all parts of the training system in a cleared area and remove the packing materials. Do not dispose of the packing materials until assembly is completed.

MAKE SURE YOU HAVE THE FOLLOWING TOOLS:

- Two (2) adjustable wrenches
- One (1) standard screwdriver
- One (1) phillips screwdriver
- One (1) rubber mallet
- You will also need grease or petroleum jelly, a small amount of soapy water, and clear tape or masking tape.



Note: Assembly will be more convenient if you have a socket set, a set of open-end or closed-end wrenches, or a set of ratchet wrenches.

HOW TO IDENTIFY PARTS

To help you identify the small parts used in assembly, we have included a PART IDENTIFICATION CHART in the center of this manual. Place the chart on the floor and use it to easily identify parts during each assembly step. **Note: Some small parts may have been pre-attached. If a part is not in the parts bag, check to see if it has been pre-attached.**

HOW TO ORIENT PARTS

As you assemble the training system, make sure that all parts are oriented exactly as shown in the drawings.

TIGHTENING PARTS

Tighten all parts as you assemble them, unless instructed to do otherwise.

QUESTIONS?

If you have questions after reading the assembly instructions, please call our Customer Service Department at **0345-089009**.

THE FOUR STAGES OF THE ASSEMBLY PROCESS

Frame Assembly—You will begin by assembling the base and the uprights that form the skeleton of the training system.

Arm Assembly—During this stage you will assemble the arms and the leg lever.

Cable Assembly—During this stage you will attach the cables and pulleys that connect the arms to the weights.

Seat Assembly—During the final stage you will assemble the seats and the backrests.

Frame Assembly

- Before beginning assembly, make sure you have read and understood the information on page 5.

Locate and open the parts bag labelled "FRAME ASSEMBLY."

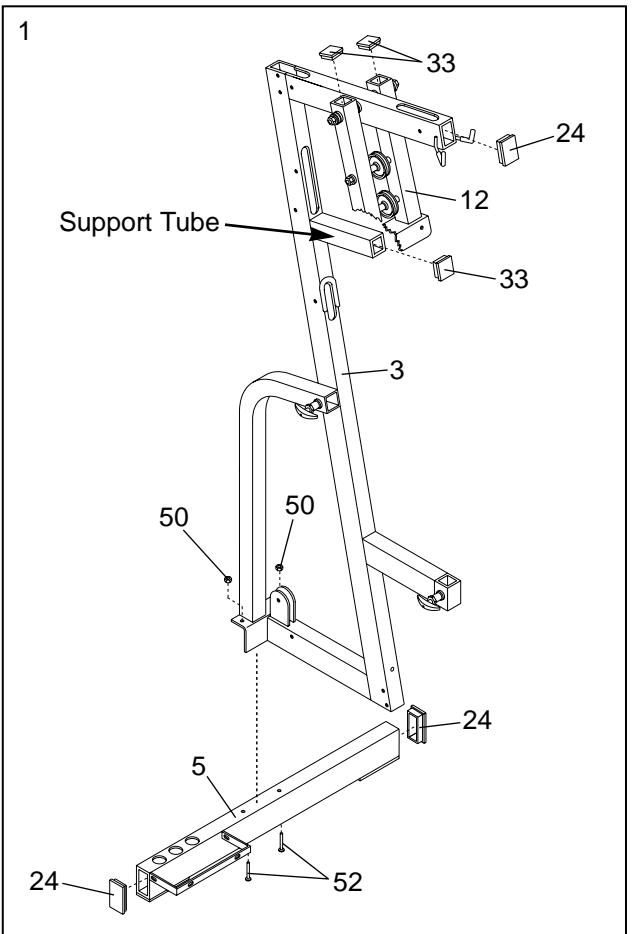
Press a 2" Square Inner Cap (33) into each open tube on the Press Frame (12).

Press a 2" Square Inner Cap (33) into the support tube on the Main Upright (3).

Press a 2" x 3" Inner Cap (24) into the open end of the Main Upright (3).

Press a 2" x 3" Inner Cap (24) into each end of the Stabiliser (5).

Attach the Stabiliser (5) to the Main Upright (3) with two 3/8" x 3 3/4" Carriage Bolts (52) and two 3/8" Nylon Locknuts (50). **Do not tighten the Nylon Locknuts yet.**



- Press a 2" Square Inner Cap (33) into the upper end of the front leg on the Base (8).

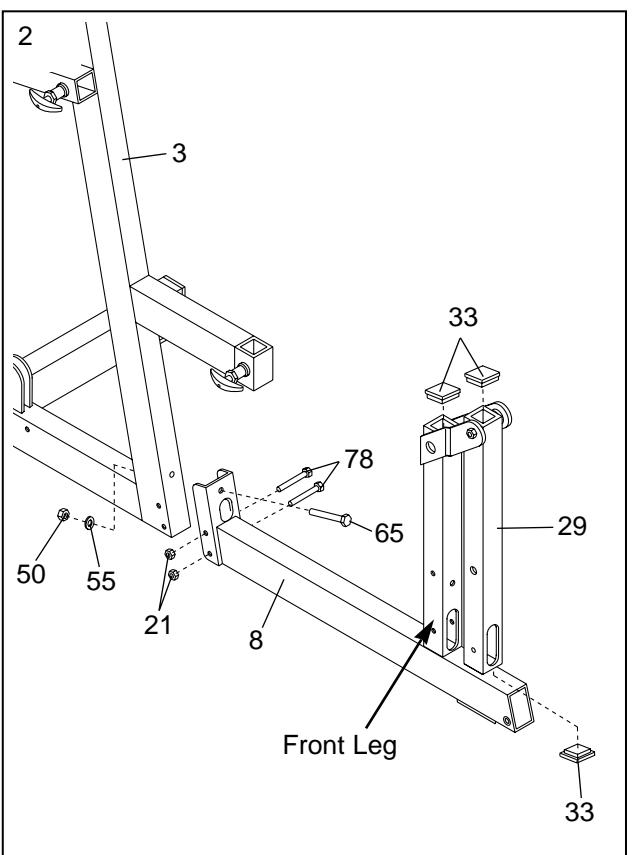
Press a 2" Square Inner Cap (33) into the upper and lower ends of the Leg Lever (29).

Line up the bracket on the Base (8) with the holes in the Main Upright (3). Insert a 3/8" x 4" Bolt (65) through the bracket and the Main Upright from the front. Secure the Bolt with a 3/8" Flat Washer (55) and a 3/8" Nylon Locknut (50).

Do not tighten the Nylon Locknut yet.

Insert two 5/16" x 3" Bolts (78) through the bracket and the Main Upright (3) from the side. Hand tighten two 5/16" Nylon Locknuts (21) onto the Bolts.

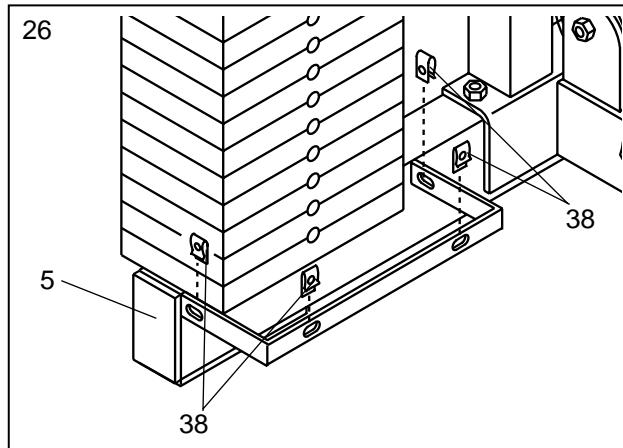
Do not tighten the Nylon Locknuts yet.



Miscellaneous Assembly

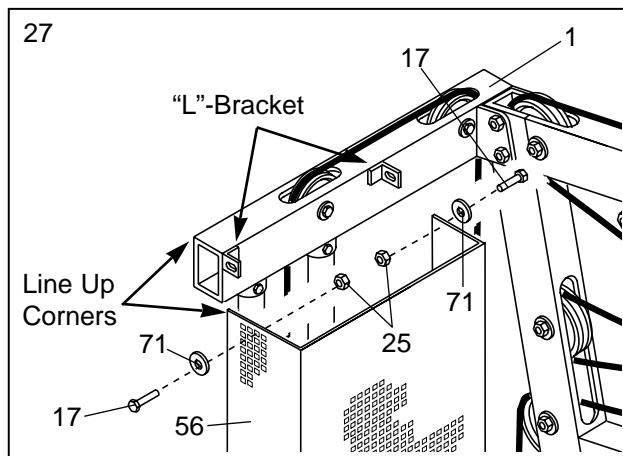
- Note: Some of the parts used in miscellaneous assembly are located in the parts bag labelled "Seat Assembly."

Slide the four Threaded Clips (38) down over the slots in the bracket on the Stabiliser (5).



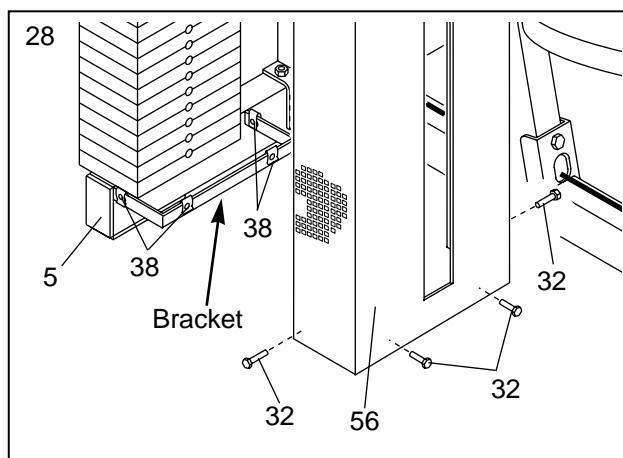
- Attach the upper end of the Shroud (56) to the two "L"-brackets on the Top Frame (1) with two 1/4" x 3/4" Bolts (17), two 1/4" Flat Washers (71) and two 1/4" Nylon Locknuts (25).

Note: Line up the indicated corner of the Shroud (56) with the indicated corner of the Top Frame (1). The Bolts (17) go through the square holes in the Shroud. Do not tighten the Bolts yet.



- Attach the lower end of the Shroud (56) to the bracket on the Stabiliser (5) with four #8 x 3/4" Screws (32). The Screws go through the square holes in the Shroud and into the Threaded Clips (38).

Note: For the sake of clarity, this step shows the Shroud (56) as if step 27 had not yet been performed.



- Make sure that all parts have been properly tightened. The use of the remaining parts will be explained in ADJUSTMENT, beginning on page 17 of this manual.

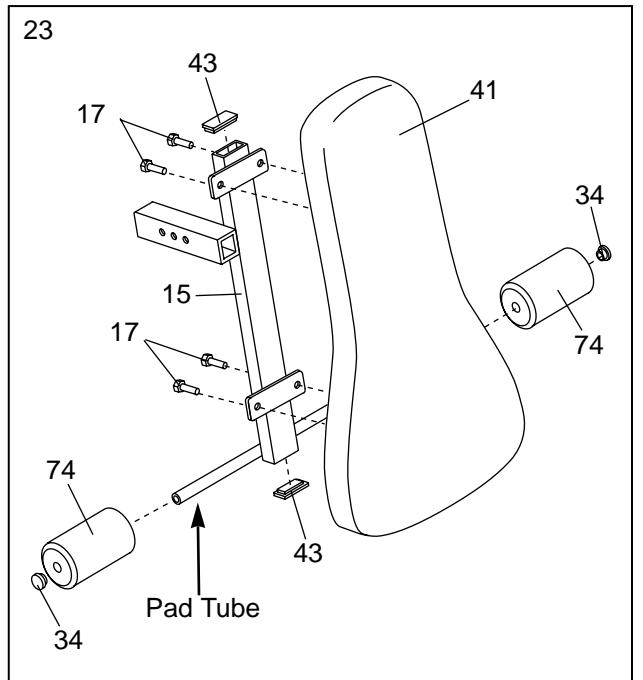
Before using the training system, pull each cable a few times to be sure that the cables move smoothly over the pulleys. If one of the cables does not move smoothly, find and correct the problem. **IMPORTANT: If the cables are not properly installed, they may be damaged when heavy weight is used. If there is any slack in the cables, you will need to remove the slack by tightening the cables. See TROUBLE-SHOOTING AND MAINTENANCE on page 19.**

23. Press a 1" x 2" Inner Cap (43) into each end of the Backrest Frame (15).

Attach the Backrest (41) to the Backrest Frame (15) with four 1/4" x 3/4" Bolts (17).

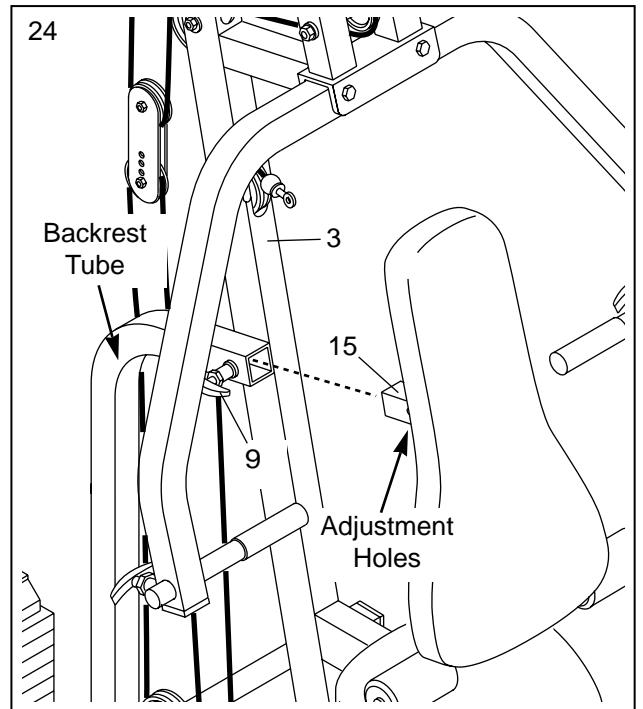
Press a 3/4" Round Inner Cap (34) into each end of the pad tube on the Backrest Frame (15).

Slide a Leg Foam Roller (74) onto each end of the pad tube on the Backrest Frame (15). Note: The Leg Foam Rollers are thinner than the four Foam Rollers (30) used in step 25.



24. Locate the Adjustment Knob (9) on the backrest tube of the Main Upright (3). Unscrew the handle on the Adjustment Knob until it is loose. Pull out the handle as far as it will go and slide the adjustment tube on the Backrest Frame (15) into the backrest tube.

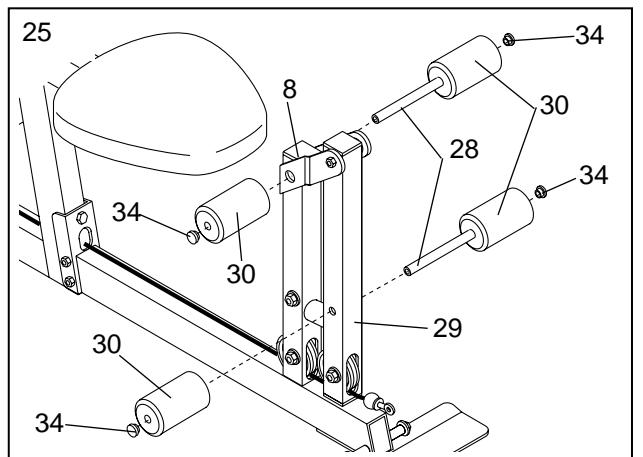
Release the handle on the Adjustment Knob (9) and let the Knob snap into one of the adjustment holes on the Backrest Frame (15). Tighten the handle fully.



25. Press a 3/4" Round Inner Cap (34) into each end of the two Pad Tubes (28).

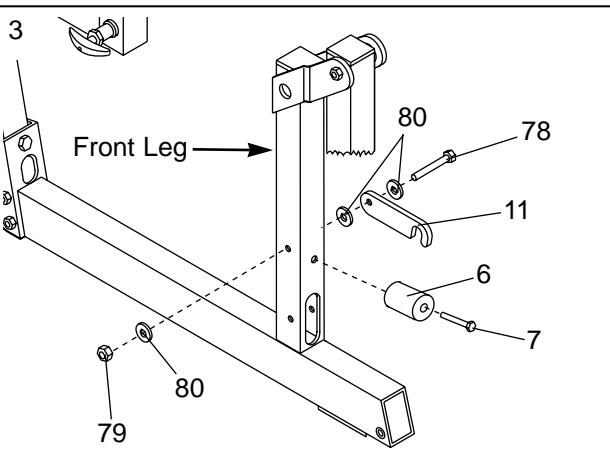
Slide a Pad Tube (28) into the hole in the front leg on the Base (8). Slide a Foam Roller (30) onto each end of the Pad Tube.

Slide a Pad Tube (28) into the hole in the Leg Lever (29). Slide a Foam Roller (30) onto each end of the Pad Tube.

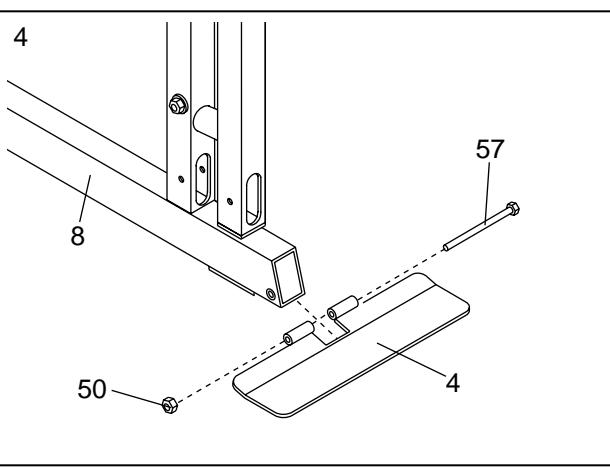


3. Attach the Leg Lever Lock (11) to the front leg with a 5/16" x 3" Bolt (78), three 5/16" Flat Washers (80) and a 5/16" Nylon Jamnut (79). **Do not overtighten the Nylon Jamnut; it must be easy to turn the Leg Lever Lock.**

Attach the Leg Lever Bumper (6) to the front leg with a #10 x 1" Tap Screw (7).



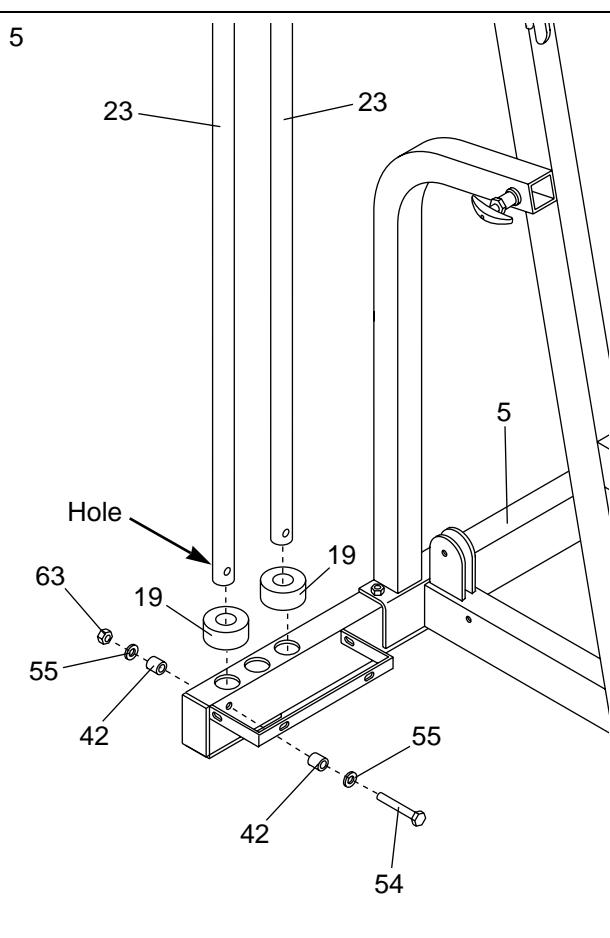
4. Attach the Foot Plate (4) to the Base (8) with a 3/8" x 5 1/2" Bolt (57) and a 3/8" Nylon Locknut (50).



5. Place two Weight Bumpers (19) over the indicated holes in the Stabiliser (5).

Insert the two Weight Guides (23) through the Weight Bumpers (19) and the holes in the Stabiliser (5).

Attach the indicated Weight Guide (23) to the Stabiliser (5) with a 3/8" x 2 1/2" Bolt (54), two 3/8" Flat Washers (55), two Pulley Bushings (42) and a 3/8" Nylon Jamnut (63).



6. See the inset drawing. Press two Weight Inserts (77) into the indicated holes in each Weight (26). **Make sure the large pin groove is oriented as shown.**

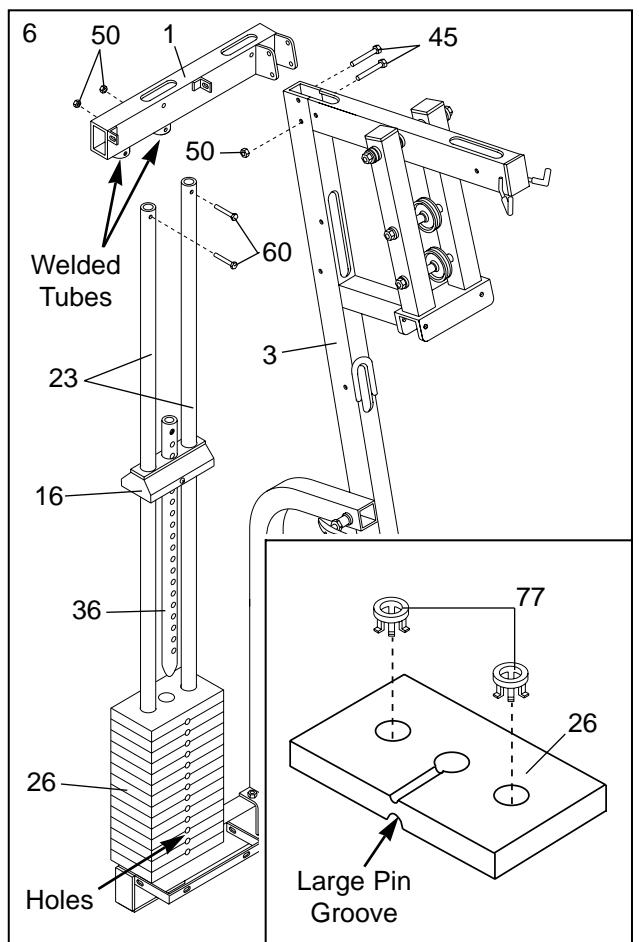
Slide all of the included Weights (26) onto the two Weight Guides (23). **Make sure the Weights are oriented correctly. The holes must be turned towards the front of the unit, as shown.**

Slide the Top Weight (16) with the pre-attached Weight Tube (36) onto the Weight Guides (23). The Weight Tube slides into the hole in the centre of the Weights (26).

Place the Top Frame (1) over the Weight Guides (23), so the Weight Guides fit into the welded tubes on the Top Frame.

Align the bracket on the Top Frame (1) with the holes in the Main Upright (3). Insert two 3/8" x 3" Bolts (45) through the holes. Tighten a 3/8" Nylon Locknut (50) onto the lower of the two Bolts. **Do not mount a Locknut on the upper Bolt yet.**

Attach the Weight Guides (23) to the Top Frame (1) with two 3/8" x 1 3/4" Bolts (60) and two 3/8" Nylon Locknuts (50). **Go back and fully tighten all Nylon Locknuts used in steps 1, 2 and 6.**



Cable Assembly

7. Locate and open the parts bag labelled "CABLE ASSEMBLY." Refer to the Cable Diagram on page 16 as you assemble the Cables.

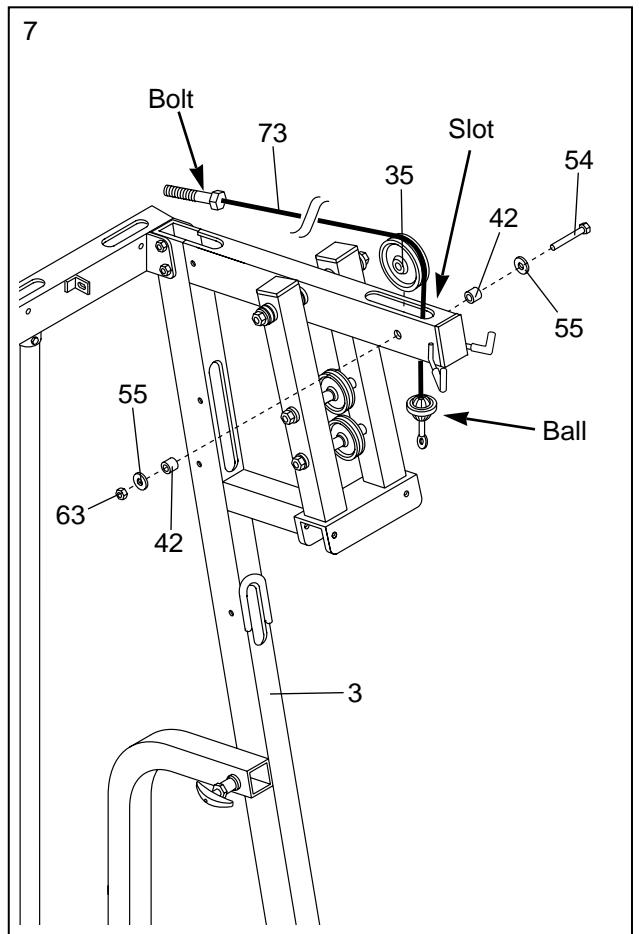
Identify the High Cable (73). It is approximately 188" long (the shortest Cable), and it has a ball on one end and a bolt on the other.

Locate the end of the High Cable (73) with the bolt. Feed this end through the indicated slot in the Main Upright (3) from below. Feed almost all of the Cable through the slot.

Slide a 3/8" Flat Washer (55) and a Pulley Bushing (42) onto a 3/8" x 2 1/2" Bolt (54).

Wrap the High Cable (73) around a 4" Pulley (35) and slide both Pulley and Cable into the slot in the Main Upright (3). While holding the Pulley with one hand, insert the 3/8" x 2 1/2" Bolt (54) through the hole in the Main Upright, through the Pulley and through the other side of the Upright.

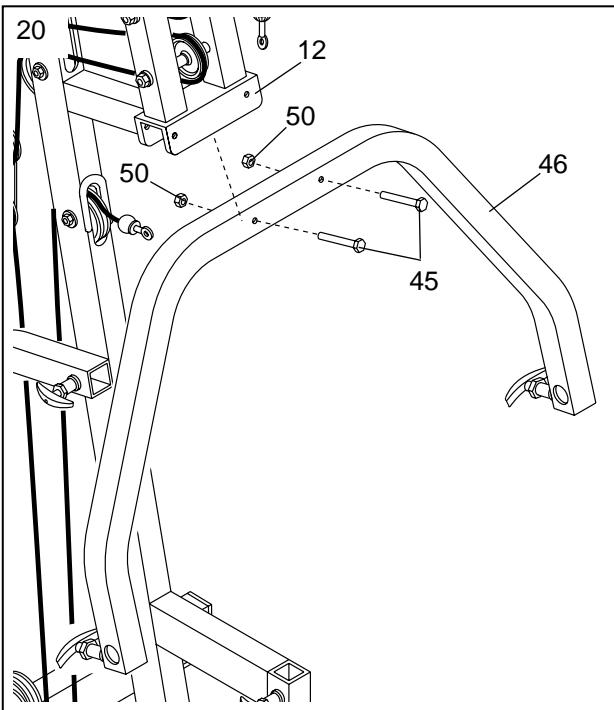
Slide a Pulley Bushing (42) and a 3/8" Flat Washer (55) onto the 3/8" x 2 1/2" Bolt (54). Then tighten a 3/8" Nylon Jamnut (63) onto the Bolt.



Arm Assembly

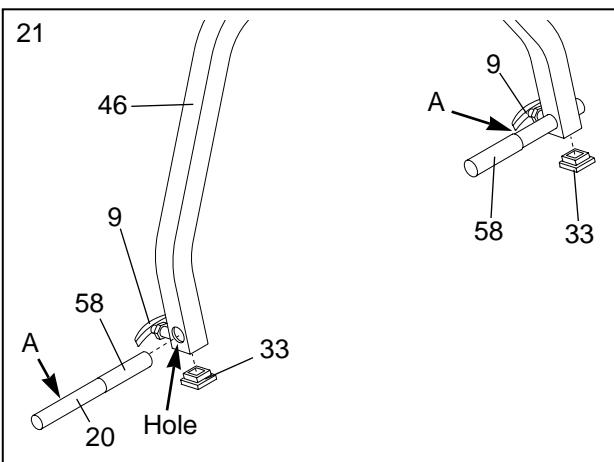
20. Note: Some of the parts used in arm assembly are located in the parts bag labelled "Seat Assembly."

Attach the Press Arm (46) to the Press Frame (12) with two 3/8" x 3" Bolts (45) and two 3/8" Nylon Locknuts (50).



21. Press a 2" Square Inner Cap (33) into each end of the Press Arm (46).

Insert a Handle (20) into the indicated hole on one side of the Press Arm (46) from the direction shown. **Note that on one side the Handle has a groove with a series of adjustment holes (A). These holes must be turned towards the Adjustment Knob (9). Make sure the Grip (58) is pointed towards the centre of the unit on both Handles.**

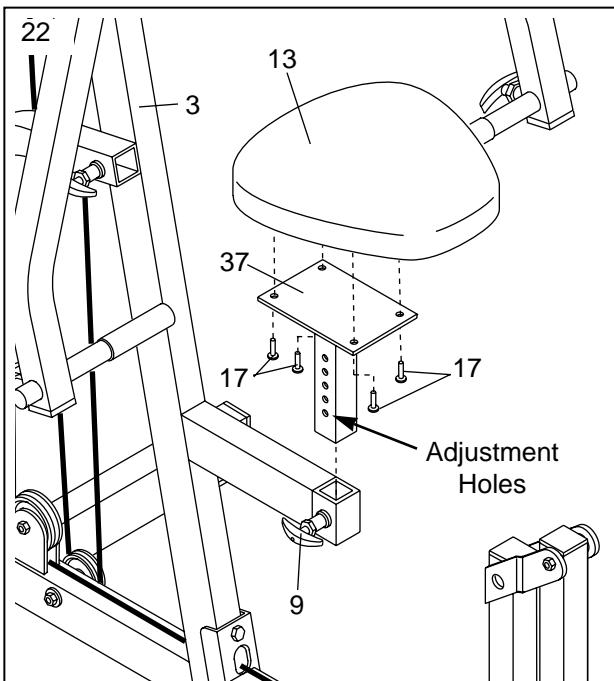


Unscrew the handle on the Adjustment Knob (9) and pull it out. Slide the press arm Handle (20) into the Press Arm. Release the handle on the Adjustment Knob and let it snap into one of the adjustment holes (A). Tighten the handle on the Adjustment Knob fully. Repeat this procedure for the second Handle.

Seat Assembly

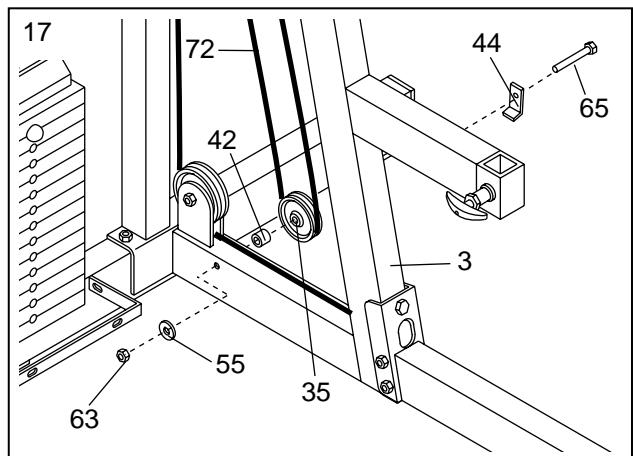
22. Attach the Seat (13) to the Seat Upright (37) with four 1/4" x 3/4" Bolts (17).

Unscrew the handle on the Adjustment Knob (9) until it is loose. Pull out the handle as far as it will go and slide the Seat Upright (37) into the seat frame on the Main Upright (3). Release the handle and let the Knob snap into one of the adjustment holes on the Seat Upright. Tighten the handle fully.



17. Slide a Cable Trap (44) onto a 3/8" x 4" Bolt (65).

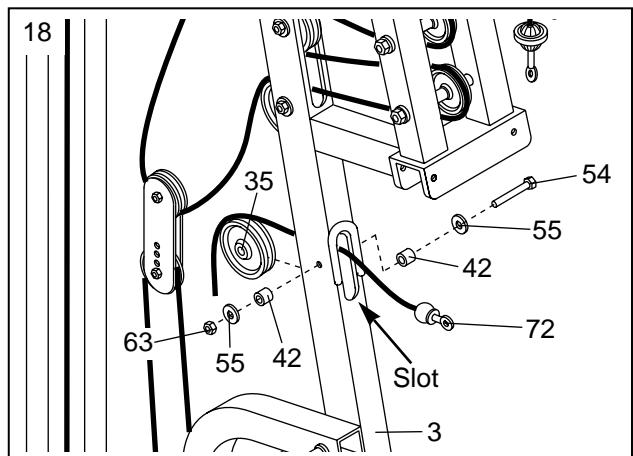
Wrap the Low Cable (72) around a 4" Pulley (35). Attach the Pulley to the indicated hole in the Main Upright (3) with the 3/8" Bolt (65), the Cable Trap (44), a Pulley Bushing (42), a 3/8" Flat Washer (55), and a 3/8" Nylon Jamnut (63). **Make sure the Cable Trap is oriented as shown, so it will hold the Cable in place.**



18. Feed the end of the Low Cable (72) through the indicated slot in the Main Upright (3).

Wrap the Low Cable (72) around a 4" Pulley (35). Attach the Pulley to the Main Upright (3) with a 3/8" x 2 1/2" Bolt (54), two 3/8" Flat Washers (55), two Pulley Bushings (42) and a 3/8" Nylon Jamnut (63).

Note: It will be necessary to pull on the High Cable to complete this step. Doing so will lift the Top Weight off the Weight Stack, and it will be helpful to have a second person hold the High Cable in position while the Pulley is attached.



19. **Important: Follow both Cables from end to end and make sure they rest in the grooves of all Pulleys and that both the Cables and the Pulleys move smoothly.**

Unscrew the bolt at the end of the High Cable (73) from the Weight Tube (36). Slide the 5 7/8" Long Bushing (76) over the top of the Weight Tube.

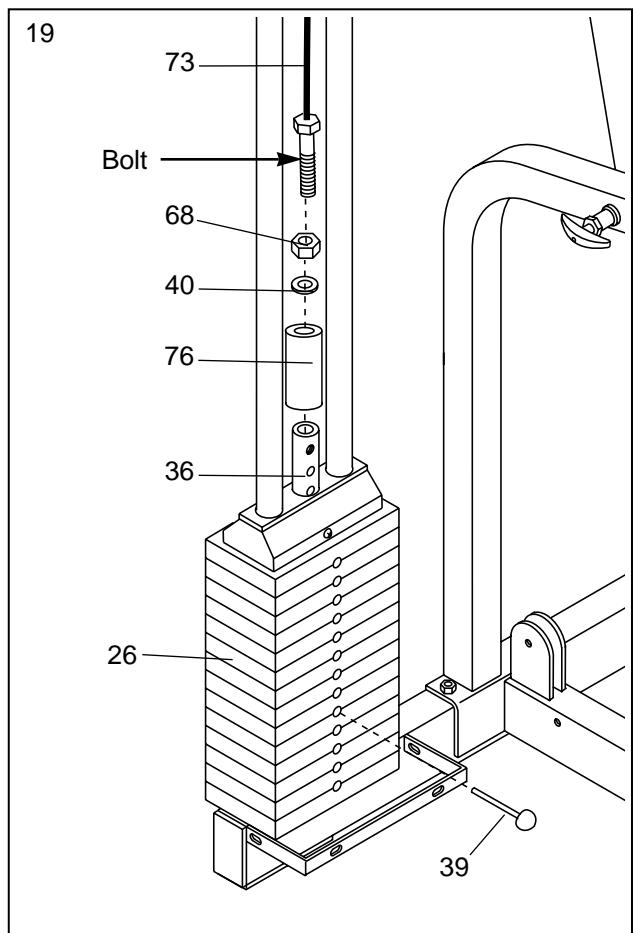
Thread the 1/2" Plain Nut (68) partway onto the bolt at the end of the High Cable (73).

Place the 1 1/2" Washer (40) on top of the Weight Tube (36) and the Long Bushing (76).

Tighten the bolt at the end of the High Cable (73) into the threaded hole in the Weight Tube (36). **Note: The bolt at the end of the High Cable is the primary means for tightening both Cables (73 and 72, not shown). Thread the bolt into the Weight Tube until both Cables are tight and rest firmly in the grooves of all Pulleys.**

When both Cables (73, 72) are tight, tighten the 1/2" Plain Nut (68) onto the 1 1/2" Washer (40).

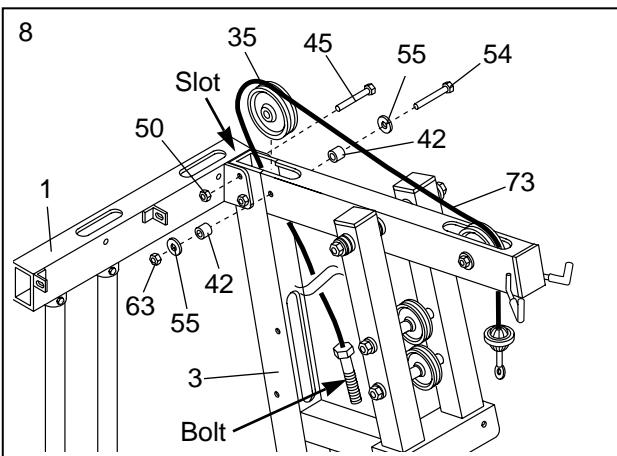
Insert the Weight Pin (39) into one of the holes between the Weights (26).



8. Remove the upper of the two 3/8" x 3" Bolts (45) attaching the Top Frame (1) to the Main Upright (3).

Feed the bolt on the High Cable (73) through the indicated slot in the Main Upright (3) in the direction shown.

Note: Follow the procedure described in step 7 for attaching all Pulleys. Wrap the High Cable (73) around a 4" Pulley (35) in the direction shown. Attach the Pulley to the Main Upright (3) with a 3/8" x 2 1/2" Bolt (54), two 3/8" Flat Washers (55), two Pulley Bushings (42) and a 3/8" Nylon Jamnut (63).

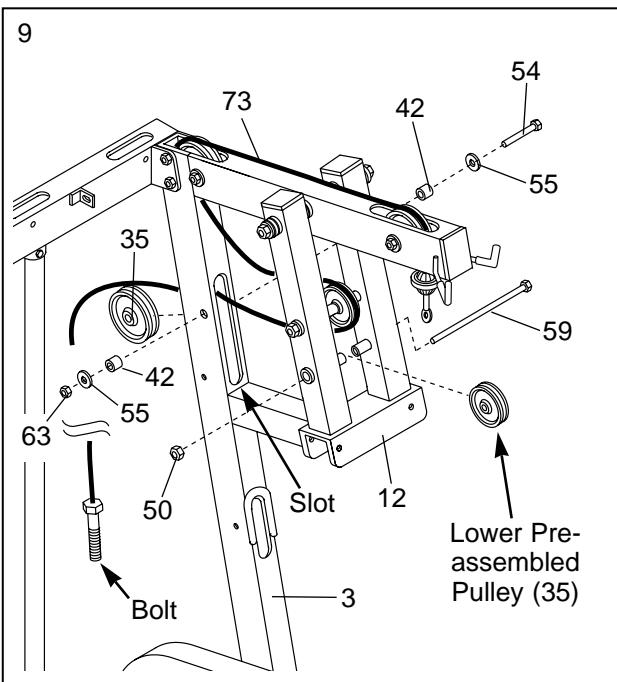


Re-insert the 3/8" x 3" Bolt (45), and secure it with a 3/8" Nylon Locknut (50). **Note: The Cable must be seated in the groove of the Pulley before the Bolt is attached.**

9. Remove the lower of the two pre-assembled Pulleys (35) on the Press Frame (12). Put the Pulley, the 3/8" x 8 1/2" Bolt (59) and the 3/8" Nylon Locknut (50) aside.

Wrap the High Cable (73) around the remaining of the two pre-assembled Pulleys in the direction shown.

Feed the bolt on the High Cable (73) through the indicated slot in the Main Upright (3) in the direction shown.



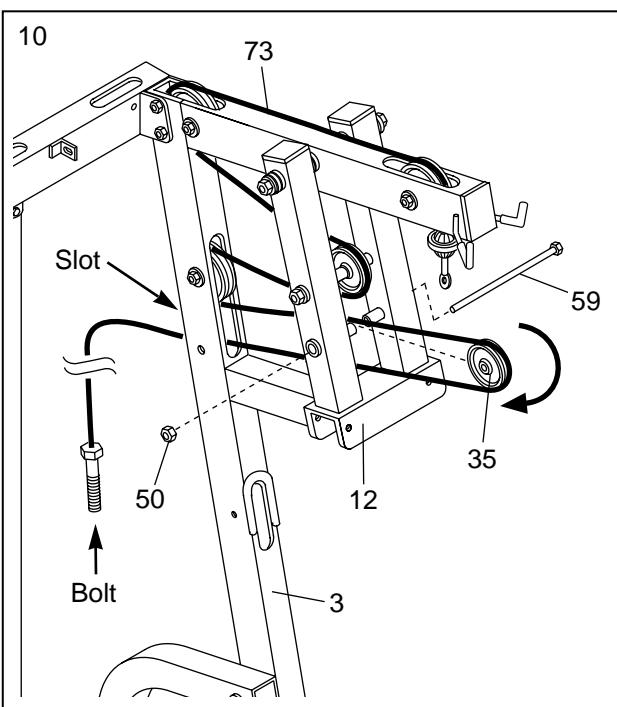
Wrap the High Cable (73) around a 4" Pulley (35). Attach the Pulley to the Main Upright (3) with a 3/8" x 2 1/2" Bolt (54), two 3/8" Flat Washers (55), two Pulley Bushings (42) and a 3/8" Nylon Jamnut (63).

10. Feed the bolt on the High Cable (73) through the indicated slot in the Main Upright (3) in the direction shown. The Cable should wrap around the Pulley that was attached in step 9.

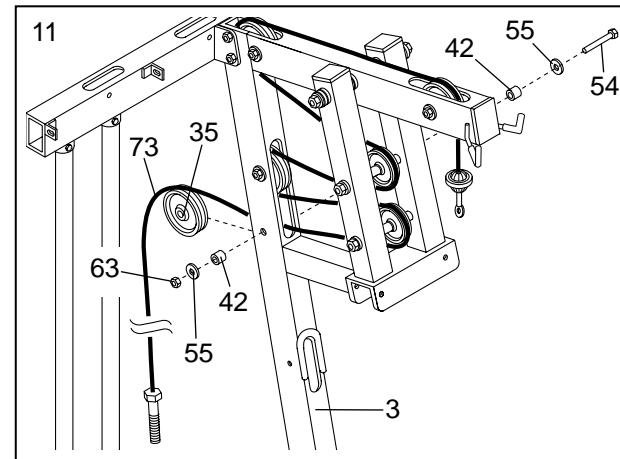
Wrap the High Cable around the Pulley (35) that was removed from the Press Frame (12) in step 9. The Cable must wrap around the Pulley in the direction shown.

Attach the Pulley (35) to the Press Frame (12) with the 3/8" x 8 1/2" Bolt (59) and the 3/8" Nylon Locknut (50).

Feed the bolt on the High Cable (73) back through the slot in the Main Upright (3) in the direction shown.



11. Wrap the High Cable (73) around a 4" Pulley (35). Attach the Pulley to the Main Upright (3) with a 3/8" x 2 1/2" Bolt (54), two 3/8" Flat Washers (55), two Pulley Bushings (42) and a 3/8" Nylon Jamnut (63).



12. Dis-assemble the pre-assembled Pulley Plates (31). Note that on one end, the Pulley Plates have several adjustment holes. These holes must be closest to the floor.

Wrap the High Cable (73) around a 4" Pulley (35). Attach the Pulley to the upper end of the Pulley Plates (31) with a 3/8" x 1 3/4" Bolt (60), a Cable Trap (44) and a 3/8" Nylon Jamnut (63). **Make sure the Cable is in the groove of the Pulley and that the Cable Trap is oriented as shown, so it will hold the Cable in place.**

Put the remaining Pulley, Cable Trap, Jamnut and Bolt aside. They will be used in step 16.

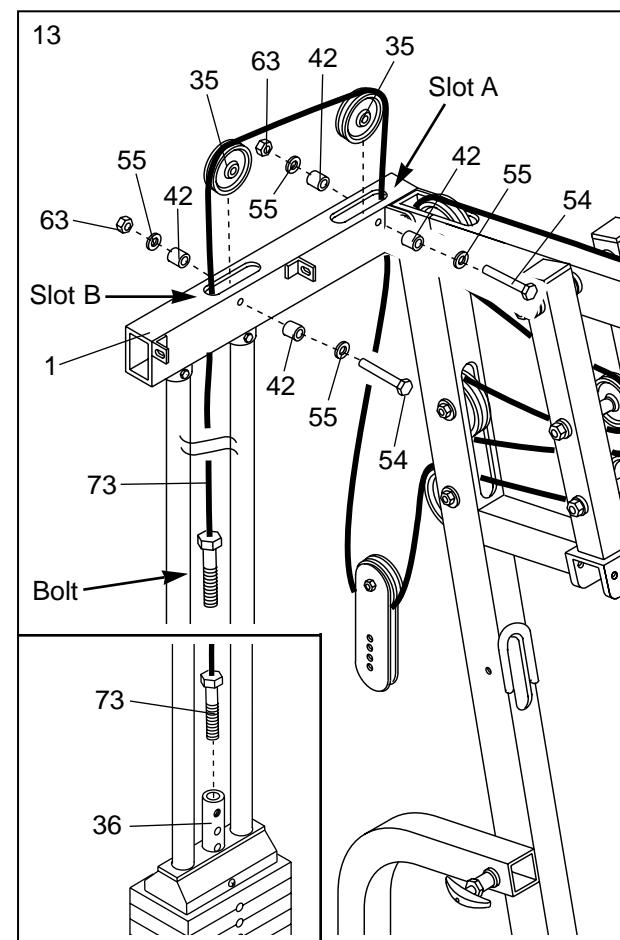
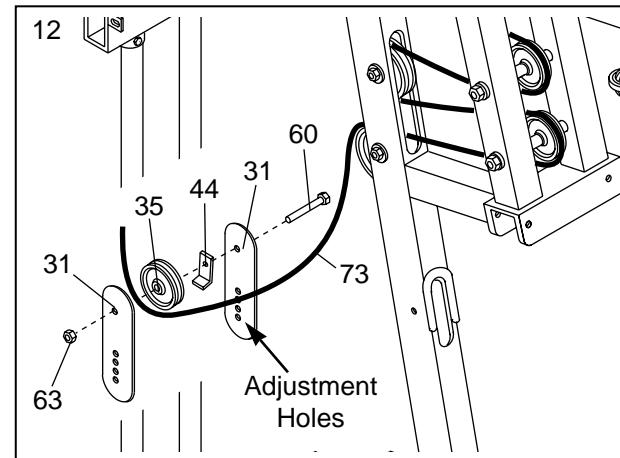
13. Feed the bolt on the High Cable (73) through slot A in the Top Frame (1) from below.

Attach a 4" Pulley (35) to the Top Frame (1) inside slot A with a 3/8" x 2 1/2" Bolt (54), two 3/8" Flat Washers (55), two Pulley Bushings (42) and a 3/8" Nylon Jamnut (63).

Fold the High Cable (73) over the 4" Pulley (35) you just installed. Feed the bolt on the High Cable through slot B in the Top Frame (1) from above.

Wrap the High Cable (73) around a 4" Pulley (35). Attach the Pulley to the Top Frame (1) inside slot B with a 3/8" x 2 1/2" Bolt (54), two 3/8" Flat Washers (55), two Pulley Bushings (42) and a 3/8" Nylon Jamnut (63).

Thread the bolt on the High Cable (73) a couple of turns into the top of the Weight Tube (36) as shown in the inset drawing.

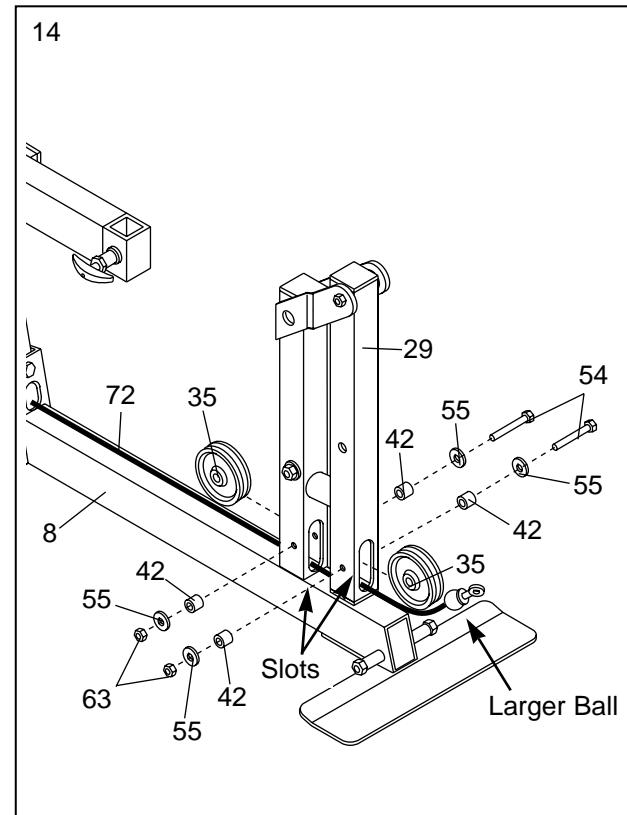


14. The Low Cable (72) is the only remaining Cable. It is approximately 206" long. Note that it has a large ball on one end and a small ball on the other.

Route the smaller ball on the Low Cable (72) through the indicated slots in the Leg Lever (29) and the front leg on the Base (8).

Attach a 4" Pulley (35) inside the slot in the Leg Lever (29) with a 3/8" x 2 1/2" Bolt (54), two 3/8" Flat Washers (55), two Pulley Bushings (42) and a 3/8" Nylon Jamnut (63).

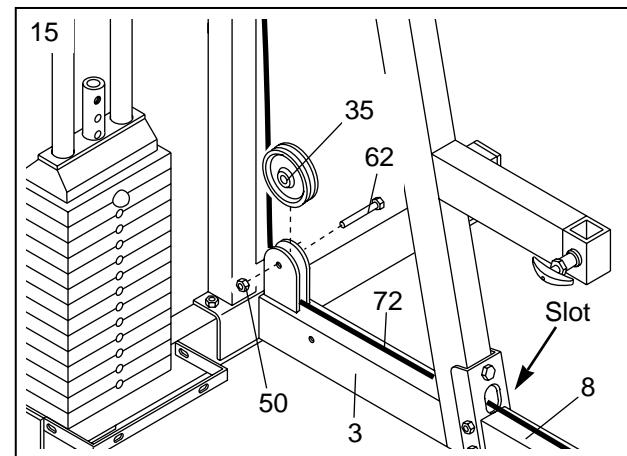
Attach a 4" Pulley (35) inside the slot in the front leg on the Base (8) with a 3/8" x 2 1/2" Bolt (54), two 3/8" Flat Washers (55), two Pulley Bushings (42) and a 3/8" Nylon Jamnut (63).



15. Route the Low Cable (72) through the indicated slot in the Main Upright (3) and the Base (8).

Wrap the Low Cable (72) around a 4" Pulley (35) in the direction shown.

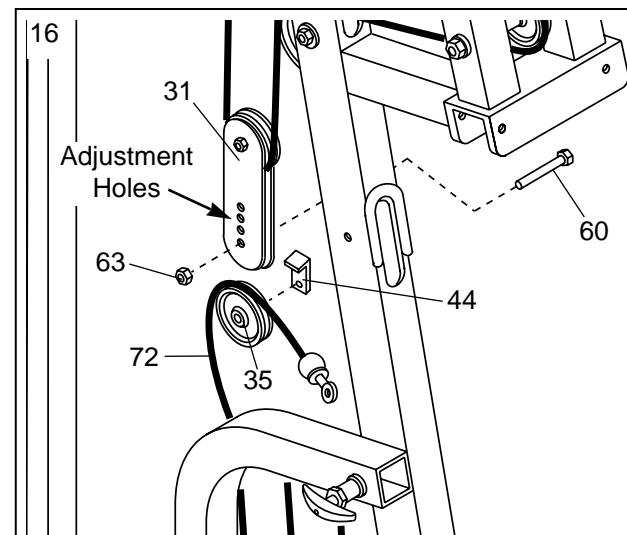
Attach the 4" Pulley (35) to the welded bracket on the Main Upright (3) with a 3/8" x 2" Bolt (62) and a 3/8" Nylon Locknut (50).



16. Wrap the Low Cable (72) around a 4" Pulley (35).

Slide the 4" Pulley (35) and a Cable Trap (44) in between the two Pulley Plates (31).

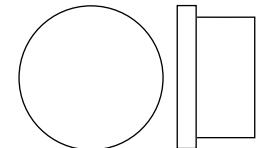
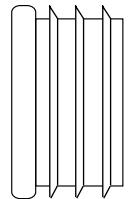
Attach the 4" Pulley (35) and the Cable Trap (44) to the lowest adjustment hole in the Pulley Plates (31) with a 3/8" x 1 3/4" Bolt (60) and a 3/8" Nylon Jamnut (63). **Make sure the Cable is in the groove of the Pulley and that the Cable Trap is oriented as shown, so it will hold the Cable in place.**



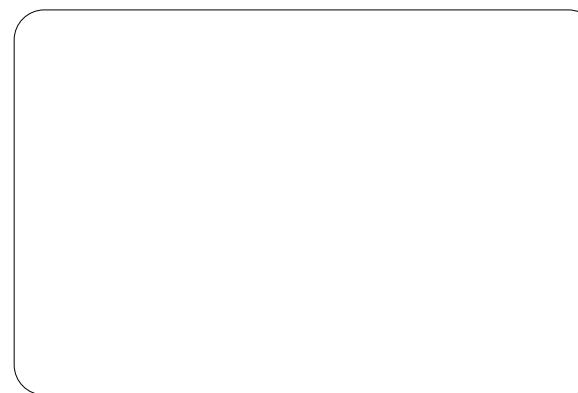
REMOVE THIS PART IDENTIFICATION CHART FROM THE MANUAL



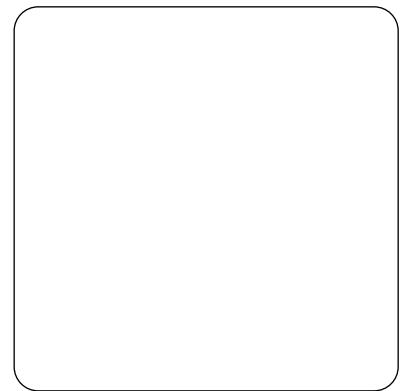
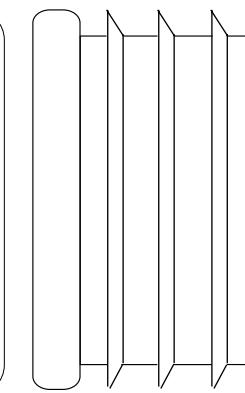
1" x 2" Inner Cap (43)



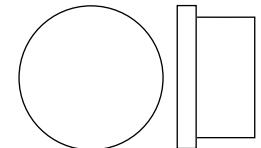
3/4" Round Inner Cap (34)



2" x 3" Inner Cap (24)

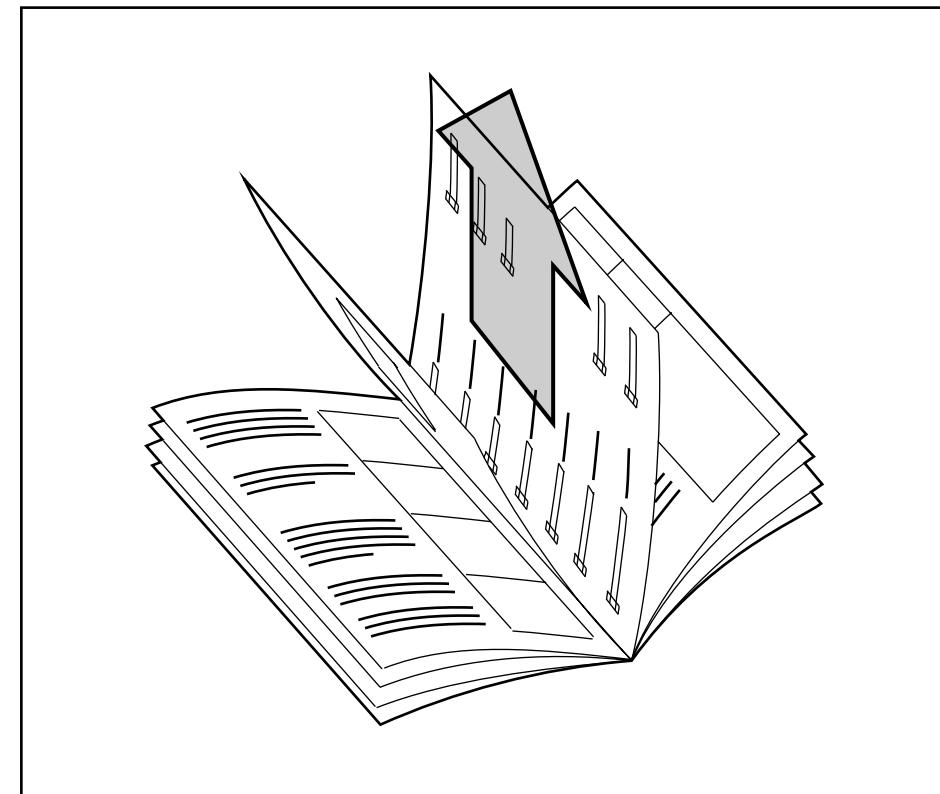


2" Square Inner Cap (33)



This chart is provided to help you identify the small parts used in assembly. The number in parenthesis below each part refers to the key number of the part. **Important: Some parts may have been pre-assembled for shipping purposes. If you cannot find a part in the parts bags, check to see if it has been pre-assembled.**

Note: Assembly is divided into four stages: 1) frame assembly; 2) press arm assembly; 3) cable and pulley assembly; and 4) seat and backrest assembly. The hardware for each assembly stage is packaged separately. Wait until you begin each stage to open that parts bag.



Part Identification Chart—PFEMSY75000

R1100A



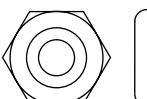
1/4" Nylon Jamnut (51)



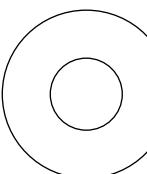
1/4" Nylon Locknut (25)



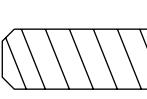
5/16" Nylon Locknut (21)



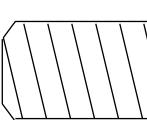
5/16" Nylon Jam Nut (79)



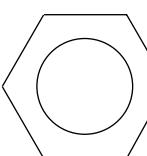
5/16" Flat Washer (8)



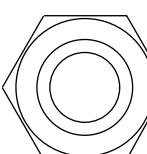
5/16" x 3" Bolt (78)



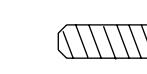
1/2" x 3 1/2" Bolt (22)



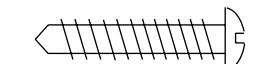
1/2" Plain Nut (68)



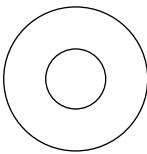
1/2" Nylon Jamnut (48)



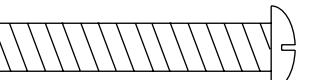
#8 x 3/4" Screw (32)



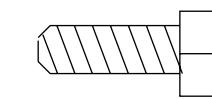
#10 x 1" Tap Screw (7)



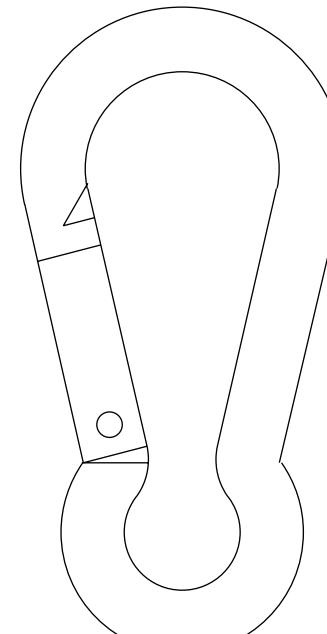
1/4" Flat Washer (71)



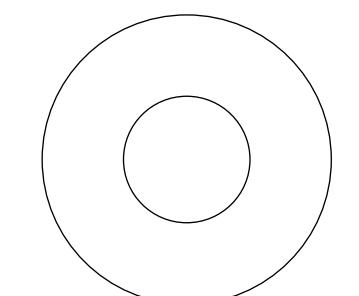
1/4" x 1 1/2" Screw (49)



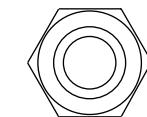
1/4" x 3/4" Bolt (17)



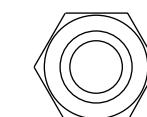
Cable Clip (69)



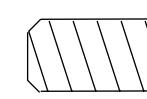
1 1/2" Flat Washer (40)



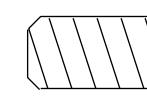
3/8" Nylon Jam Nut (63)



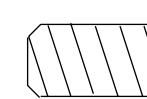
3/8" Nylon Locknut (50)



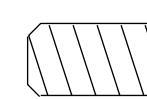
3/8" x 1 3/4" Bolt (60)



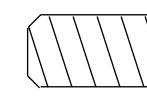
3/8" x 2" Bolt (62)



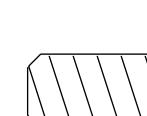
3/8" x 2 1/2" Bolt (54)



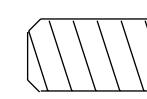
3/8" x 3" Bolt (45)



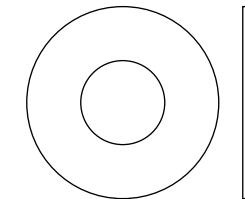
3/8" x 4" Bolt (65)



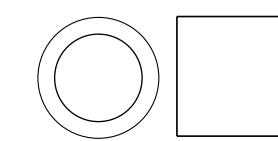
3/8" x 3 3/4" Carriage Bolt (52)



3/8" x 5 1/2" Bolt (57)



3/8" Flat Washer (5)



Pulley Bushing (42)

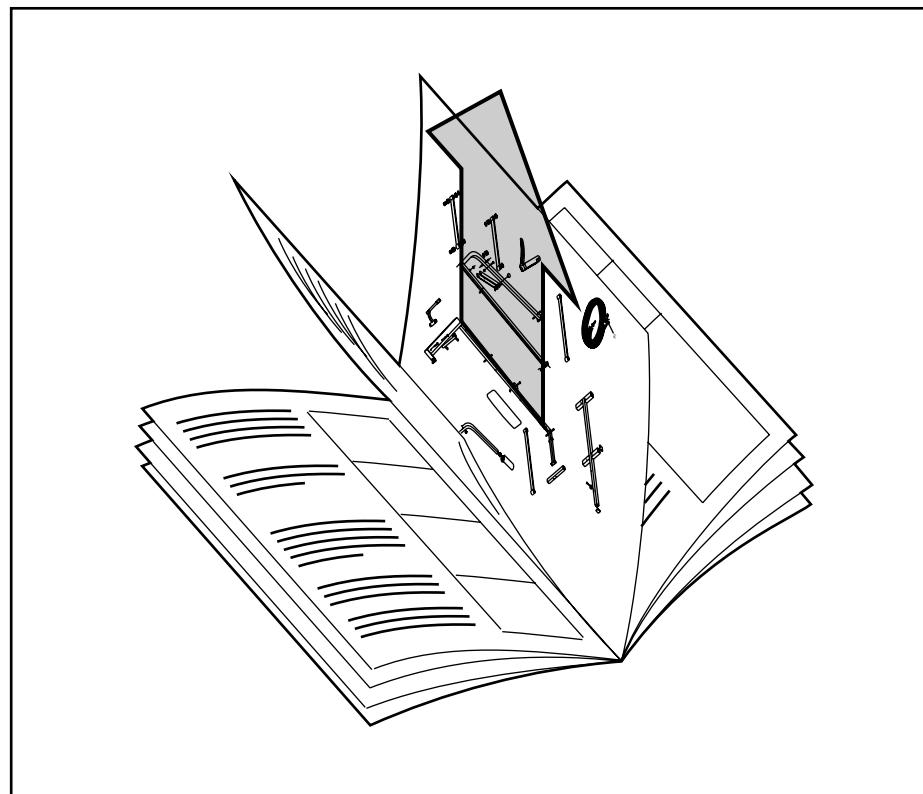
Part List—Model No. PFEMSY75000

R1100A

Key No.	Qty.	Description	Key No.	Qty.	Description
1	1	Top Frame	42	21	5/8" x 1/2" Pulley Bushing,
2	1	3/8" x 1 1/2" Button Cap Screw	43	2	1" x 2" Inner Cap
3	1	Main Upright	44	3	Cable Trap
4	1	Foot Plate	45	4	3/8" x 3" Bolt
5	1	Stabiliser	46	1	Press Arm
6	1	Leg Lever Bumper	47	2	1/2" x 1/8" Flange Bushing
7	1	#10 x 1" Tap Screw	48	1	1/2" Nylon Jamnut
8	1	Base	49	4	1/4" x 1 1/2" Screw
9	4	Adjustment Knob	50	13	3/8" Nylon Locknut
10	1	Ankle Strap	51	4	1/4" Nylon Jamnut
11	1	Leg Lever Lock	52	2	3/8" x 3 3/4" Carriage Bolt
12	1	Press Frame	53	2	Large Washer
13	1	Seat	54	10	3/8" x 2 1/2" Bolt
14	2	Plastic Sleeve	55	22	3/8" Flat Washer
15	1	Backrest Frame	56	1	Shroud
16	1	Top Weight	57	1	3/8" x 5 1/2" Bolt
17	10	1/4" x 3/4" Bolt	58	6	Grip
18	6	1 1/8" x 1/2" Flange Bushing	59	2	3/8" x 8 1/2" Bolt
19	2	Weight Bumper	60	4	3/8" x 1 3/4" Bolt
20	2	Handle	61	1	Lat Bar
21	2	5/16" Nylon Locknut	62	1	3/8" x 2" Bolt
22	1	1/2" x 3 1/2" Bolt	63	15	3/8" Nylon Jamnut
23	2	Weight Guide	64	1	Weight Support
24	3	2" x 3" Inner Cap	65	2	3/8" x 4" Bolt
25	2	1/4" Nylon Locknut	66	1	Weight Cover
26	14	Weight	67	1	Chain 16"
27	1	Pivot Rod	68	1	1/2" Plain Nut
28	2	Pad Tube	69	3	Cable Clip
29	1	Leg Lever	70	1	Row Bar
30	4	Foam Roller	71	2	1/4" Flat Washer
31	2	Pulley Plate	72	1	Low Cable
32	4	#8 x 3/4" Screw	73	1	High Cable
33	8	2" Square Inner Cap	74	2	Leg Foam Roller
34	6	3/4" Round Inner Cap	75	1	Ab Strap
35	15	4" Pulley	76	1	5 7/8" Long Bushing
36	1	Weight Tube	77	28	Weight Insert
37	1	Seat Upright	78	3	5/16" x 3" Bolt
38	4	Threaded Clip	79	1	5/16" Nylon Jamnut
39	1	Weight Pin	80	3	5/16" Flat Washer
40	1	1 1/2" Flat Washer	#	1	User's Manual
41	1	Backrest			

Note: "#" indicates a non-illustrated part. Specifications are subject to change without notice.

REMOVE THIS PART LIST/EXPLODED DRAWING FROM THE MANUAL



Exploded Drawing—Model No. PFEMSY75000

R1100A

